

Friday of the Second Week of Lent

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#### COVID'S IMPACT: GRASPING WHAT IS MOST IMPORTANT

In the beginning all I felt was loss, loss of who I was in the world. I was without a job, without an income. I was angry at everyone for telling me to find the good in my situation as I could not see anything good. I started to feel depressed thinking that I was no longer a good mother, daughter, or partner. For a good four months I slowly left the happy go lucky woman I always knew myself to be. For the first time in my life, I felt I had no identity. I felt like I was hitting rock bottom as I was going into debt for the first time. I felt like I was becoming bitter.

All I could do was to walk and to think, so I did just that, a lot. I walked the track near my house morning, noon, and night, not counting my steps but letting my mind race and wonder. What will I do if I do not have a job, what will I do if I cannot pay the bills, what will I do? Finally, while walking one day a police office stopped me and asked how long I had been walking. I learned that he had watched me since 7:30 am and it was now 3:00p m. I told him I did not know that I just wanted to get into shape. He laughed and told me he never saw anyone so committed. I began to think about what I am really committed to and what is most important to me.

As I walked that day, I stopped thinking about the money I lost, or the bills I could not pay. I started to think about who I was as a person. I realized that I was losing myself by thinking that money was the most important thing in my life. I realized that I had now wasted 5 months in anxiety and worry over something I could not control. I grew up with parents who taught me that family is everything and that money comes and goes. They taught me that I may struggle, but, in the end, all would be OK if I had

faith. That night I realized that I had started to become someone I was not. I let panic and fear overtake who I was. I hated COVID for what it took from me, but I was blind to the gift it was giving me. I had a chance to re-learn that what really matters to me is to be the best mother, daughter, partner, and friend I can be. I am thankful for what I have and blessed to be able to see again.